











POOL PROGRAMME



















£3 per session

Book online today at 1leisure.co.uk

MEDINA

	MONDAY TO FRIDAY	SATURDAY & SUNDAY
8.30am	Lane swim 	Pool closed 
10.30am	Pool closed 	Lane swim 
12.30pm	Lane swim 	Pool closed 
3.30pm	Pool closed 	Lane swim 
6.30pm	Lane swim 	Pool closed 

HEIGHTS

	MONDAY, WEDNESDAY, FRIDAY	TUESDAY & THURSDAY	SATURDAY & SUNDAY
6.30am	Lane swim 	Lane swim 	Pool closed 
10.30am	Lane swim 	Pool closed 	Lane swim 
12.30pm	Lane swim 	Lane swim 	Pool closed 
3.30pm	Pool closed 	Pool closed 	Lane swim 
6.30pm	Lane swim 	Lane swim 	Pool closed 
8.30pm	Lane swim 	Pool closed 	Pool closed 

All lane swim sessions are 45 minutes. Please arrive "beach ready".